

## after vasectomy instructions

Keep the area clean and dry for 48 hours. Then you may take a shower and pat it dry. Do not rub.

Rest today. It is a good idea to put your feet up and place an ice pack on the scrotum when you get home. You may return to work tomorrow, provided you avoid #4.

Wear an athletic support for protection and comfort during the first week. A clean gauze held by the support acts as a bandage. Bleeding from the puncture wound in small amounts can be handled by pinching the skin between clean gauze for ten minutes.

For seven days avoid **HEAVY LIFTING: CONTACT SPORTS, OR OTHER VIGOROUS ACTIVITY** which might cause swelling or bleeding.

You may have sex as soon as it is comfortable, usually 5-7 days after operation. **YOU MUST USE SOME OTHER** method of birth control until your semen is tested negative for sperm.

You should expect some mild discomfort for a few days. You may take Tylenol or Ibuprofen if needed. If you are having severe pain, swelling of the scrotum, redness or pus around the opening, or a fever call your doctor immediately.

Bruising (black and blue color) around the scrotum and the base of the penis is common on the second or third day and might become quite extensive, but it is painless and harmless, and it will fade over several days.

A Hematoma (blood clot) causes an enlarging mass in the scrotum larger than a 25 cent piece, which is usually painful and it is important to treat this complication early, so call the doctor day or night.

**REMEMBER YOU MUST NOT RELY ON THE VASECTOMY FOR BIRTH CONTROL UNTIL YOU HAVE RESULTS OF A SEMEN CHECK SHOWING NO SPERM.** Please arrange this test after you have ejaculated 25 times through your family physician's office or we will give you a laboratory request form.

We suggest you follow up with us or your own family physician post operatively if you have any concerns.

